
Broccoli Puff

Arlene Krumholtz/ Gloria Goldstein - New York

North American Potpourri - Autism Directory Service, Inc - 1993

1 large head broccoli
1 cup Bisquick® baking mix
1 cup shredded cheese
1 cup milk
2 eggs

Chop the broccoli into 3/4-inch cubes. Steam until crisp (3 to 5 minutes). Drain.

In a bowl, combine the Bisquick, milk and eggs. Stir in the broccoli and cheese.

Pour the mixture into a buttered baking dish.

Bake in the oven at 350 degrees for one hour or until a knife inserted in the center comes out clean.

Yield: 4 to 6 servings

Side Dishes

Per Serving (excluding unknown items): 948 Calories; 36g Fat (32.8% calories from fat); 47g Protein; 120g Carbohydrate; 21g Dietary Fiber; 457mg Cholesterol; 1824mg Sodium. Exchanges: 5 Grain(Starch); 1 1/2 Lean Meat; 6 Vegetable; 1 Non-Fat Milk; 5 1/2 Fat.